



# Ergonomic Principles

## 1 Who Should Attend . . .

This program is a must for anyone concerned about health and safety on the job including:

- ▶ Managers concerned about liability and worker's compensation costs
- ▶ Employees who want to learn proper techniques for protecting their safety and health at work
- ▶ Business owners who want to learn about compliance with MIOSHA

## 2 Why you need this Workshop . . .

- ▶ To reduce disabling injuries and illnesses to employees - and to ensure that every worker goes home safe and healthy every day.
- ▶ To reduce the high direct costs of work-related injuries, which grew to \$42.5 billion nationally in 2000, and indirect costs, which were estimated at an additional \$127 - \$212 billion in 2002. (*2003 Liberty Mutual Safety Index.*)
- ▶ To enhance your company's bottom line. A strong safety and health commitment not only protects workers, it also reduces worker's compensation costs, improves employee morale, and increases production and quality.

## 3 What You'll Learn . . .

This program gives direction to employers who want to establish an ergonomic program in the manufacturing environment. Using the NIOSH Ergonomic Primer as a guide, participants will be able to look for signs of cumulative trauma, develop in-house expertise, gather evidence of ergonomic problems, identify controls and implement a proactive ergonomic program. Examples of successful ergonomic innovations in the manufacturing sector are presented. Problem jobs are also discussed and corrective recommendations are reviewed. Focus is on the implementation of engineering controls, including material handling, hand tools and workstations. Using job safety analysis as an ergonomic tool to identify the tasks and subtasks of a job is emphasized. Ergonomic awards offered by the MIOSHA program will be explained.

### Agenda

*We offer a flexible  
program agenda  
to emphasize the  
topics you  
want most.*

- ▶ Overview of NIOSH Primer
- ▶ MIOSHA Ergonomic Awards
- ▶ Update of Current Ergonomic Trends
- ▶ Elements of an Ergonomic Program
- ▶ Ergonomic JSA
- ▶ Ergonomic Case Studies

# Facilitator

Richard Zdeb was appointed to the Consultation Education and Training Division of MIOSHA in 1988 currently servicing the employers and employees of Oakland County. His previous work experience includes 25 years in private industry in the manufacturing and stamping industry. Richard's positions in plant management included Industrial Relations and General Management providing him a unique perspective on the issues facing the manufacturing industry.

Richard is a knowledgeable speaker in diverse subjects such as machine guarding, building management commitment and safety and health program elements and has contributed articles to the MIOSHA News on a variety of topics including Industrial Ergonomics. Richard earned a BBA, majoring in Accounting, at the University of Detroit. He has been a member of the American Society of Safety Engineers since 1988.



**Richard Zdeb**  
*Occupational Safety Consultant,  
MIOSHA, CET Division*

## Program Details

**DATE:** February 2, 2005  
**LOCATION:** Colombiere Conference Center  
9075 Big Lake Road  
Clarkston, MI  
**COST:** \$60 per person, includes lunch and course materials.

**TIME:** Check-in - 8:30 a.m.  
Program - 9:00 a.m. to 4:00 p.m.  
**DEADLINE:** Register by January 27, 2005  
Enrollment is limited to 40 participants, so please register early!  
**CONTACT:** Peggy Desrosier - 248.620.2534

**COSPONSOR:** *Colombiere Conference Center*

If this valuable seminar doesn't fit with your schedule or position, please pass this flyer on to a colleague.

## How to Register

Ergonomic Principles

Complete information at right to register by:

► **Phone:** 248.620.2534 or  
248.625.5611  
► **Fax:** 248.620.2433  
► **Mail:** Colombiere Conference  
Center  
9075 Big Lake Rd.  
Clarkston, MI 48347-0139  
Attn: Peggy Desrosier

Name: \_\_\_\_\_  
Company Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Fax: \_\_\_\_\_  
Email: \_\_\_\_\_  
Number Attending: \_\_\_\_\_ @ \$60 each = \$ \_\_\_\_\_

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